



Charné Bennett

Social Work Service (PTY) Ltd
Social Worker in Private Practice



Couples Support & Connection Workbook

An 8-page guided printable for communication, reflection, healing, and relationship growth.



LOVE



COMMUNICATION



CONNECTION



GROWTH



A gentle space for couples to reflect, reconnect, and grow together.



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COUPLES • REFLECTION • GROWTH

Relationship Overview & Goals

A space to reflect on your relationship story, strengths, and the changes you want to make together.

Our Story: What Brought Us Together



What first attracted me to you was...



A special memory from our early days together...



The qualities I still admire in you are...

What We Want to Improve or Heal



The patterns or challenges we'd like to address...



How I'd like to show up differently in our relationship...



A wound we are ready to heal together...



Our Shared Relationship Goal



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COUPLES • CARE • CONNECTION



Love Languages Discovery

Understand what helps each partner feel loved, seen, and supported.

Partner A — My Love Language Profile

- Primary love language:

- Secondary love language:

- What makes me feel most loved:

- One thing my partner can do more often:

Partner B — My Love Language Profile

- Primary love language:

- Secondary love language:

- What makes me feel most loved:

- One thing my partner can do more often:



Reflection Prompts

- When did I last feel most loved by my partner?

- How can I express love in their language this week?

- One thing I'll try to do differently to meet their needs...



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Communication Reflection Worksheet

Reflect on how each of you communicates when emotions run high.

Partner A — Communication Reflection



How do I usually communicate when I'm hurt or angry?



What words or actions shut me down?



What helps me calm down or feel understood?



When I need space, I can say...

Partner B — Communication Reflection



How do I usually communicate when I'm hurt or angry?



What words or actions shut me down?



What helps me calm down or feel understood?



When I need space, I can say...

My Communication Goals



I want to express my needs by...



One communication habit I want to improve is...



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Repair After Conflict

A structured reflection page to help couples move from conflict to repair.

1 What happened? (facts, not blame)

What triggered the disagreement?

What did I observe or hear?

2 What I felt

Hurt

Angry

Sad

Frustrated

Disappointed

Anxious

Other

My deeper feeling beneath the anger was...

3 What I needed

What did I truly need in that moment?

What boundary or value felt crossed?

4 My part in this

What assumption did I make?

What could I have communicated more clearly?

5 Repair conversation

What I wish I had said is...

One caring response I can offer now is...

6 Our next step

A small repair action we agree on:

What we will do differently next time:

When we will revisit this conversation:



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Weekly Couple Check-In

A guided space to reflect, reconnect, and support one another.

Week of: _____



Emotional Connection

This week I felt close to you when...



Gratitude & Appreciation

Something I appreciated about you this week...

A moment that made me smile was...



Emotional Distance or Hurt

Something that hurt me or made me feel disconnected was...

What I wish I had said or done differently...



Needs & Support

Something I need more of from you right now is...

Something I can offer you this week is...



Our Commitment for the Week

One small action we will take to strengthen our relationship:

Our next check-in date: _____



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COUPLES • SAFETY • SUPPORT

Boundaries & Needs Worksheet

Healthy boundaries and clear needs help create emotional safety in relationships.



1) I feel safe when...



2) I feel uncomfortable when...



3) A behaviour that crosses my boundary is...



4) I need support with...



5) Something that helps me feel cared for is...



6) When I'm overwhelmed, I'd appreciate if you...



Boundary Reaffirmation

What boundary will I reaffirm this week?

What positive result do I hope it brings?

When I notice my boundary is crossed, I will...



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COUPLES • VISION • GROWTH



Shared Vision & Future Goals

Create a shared picture of the future you want to build together.

Our Shared Dreams



In 1 year, we see ourselves...



In 5 years, we hope to...



One experience or milestone we want to share is...

Our Core Values as a Couple

1

2

3

4

5

Future Goals – Personal & Shared

Goal	Partner A	Partner B	Shared Step

Gratitude Reflection



One thing I appreciate about us is...



One step we can take this month is...

Small, intentional conversations can create meaningful change.



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